

Three Winter Salads from sheknows.com

“cold weather-friendly and delicious”



Black rice and roasted sweet potato salad with cranberries

Prep time: 15 minutes | Cook time: 30 minutes | Total time: 45 minutes | Serves 4

Ingredients:

- 2 small sweet potatoes, peeled and diced
- 1 cup black rice or forbidden rice
- 4 cups organic spring mix
- 1/4 cup dried cranberries
- 1/4 cup crumbled feta or goat's cheese
- 1/4 cup toasted pumpkin seeds
- 1 lemon, juiced
- 2 tablespoons tahini
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup or honey
- Salt and pepper, to taste

Directions:

1. Preheat the oven to 400 degrees F, and spray a baking dish with nonstick cooking spray.
2. Add the diced sweet potatoes, and roast for 30 minutes or until cooked.
3. Prepare the black rice as directed on the package. Once cooked, set aside.
4. Arrange the organic greens on a serving plate.
5. Fluff the rice with a fork, and spoon it over the greens. Top with the roasted sweet potatoes, cranberries, feta and pumpkin seeds.
6. In a bowl, whisk together the lemon juice, tahini, apple cider vinegar, maple syrup or honey, and season with salt and pepper.
7. Drizzle the dressing over the salad before serving, and toss well.
8. Divide among serving plates, and serve immediately.



Almond, currant and baby kale salad

Total time: 20 minutes | Serves 4

Ingredients:

- 4 cups organic baby kale greens
- 1/4 cup dried currants or raisins
- 1/4 cup organic slivered almonds
- 1/2 small red onion, sliced
- 1/4 cup crumbled blue cheese
- 3 tablespoons apricot preserves
- 1 tablespoon apple cider vinegar
- 2 tablespoons avocado oil or extra-virgin olive oil
- Salt and pepper, to taste

Directions:

1. To a large serving bowl, add the organic kale greens.
2. Top with the currants, almonds, onions and blue cheese.
3. To a blender, add the apricot preserves, vinegar, oil, salt and pepper.
4. Blend on high, and then pour the dressing into a dressing bottle.
5. Drizzle the dressing over the salad before serving, and toss well.
6. Divide among salad plates, and serve immediately.



Clementine, pomegranate and feta salad

Total time: 20 minutes | Serves 4

Ingredients:

- 4 cups organic baby arugula
- 2 cups cooked rainbow quinoa
- 2 clementines, peeled and sectioned
- 1/4 cup pomegranate arils
- 1/4 cup candied cashews (look for these in the bulk section of your grocery store)
- 1/4 cup crumbled feta cheese
- 1/4 cup cranberry juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon garlic powder
- Salt and pepper, to taste

Directions:

1. In a large salad bowl, arrange the arugula.
2. Top with the cooked quinoa, clementines, pomegranate arils, cashews and feta.
3. In a small bowl, whisk together the remaining ingredients.
4. Just before serving the salad, drizzle the dressing over the top, and toss with tongs.
5. Divide among salad bowls, and serve immediately.

Source: www.sheknows.com/food-and-recipes/articles/1055761/winter-salad-recipes

More Salads for the Cold Season

Fall Salads

“salads you’ll want to make all season long”



Fresh cherry quinoa salad with pumpkin seeds

Serves 4 | Dressing yields 1¼ cups

Ingredients:

- 2 cups cooked quinoa
- 4 cups mixed salad greens
- 1 cup fresh cherries, pitted and halved
- 1/4 cup minced red onion
- 1/2 cup toasted pumpkin seeds
- Extra Gorgonzola cheese, if desired
- Creamy Gorgonzola dressing (recipe below)

Directions:

1. In a large mixing bowl, combine the cooked quinoa, salad greens, fresh cherries and red onion.
2. Mix well with tongs, and divide among 4 salad plates.
3. Top each salad with toasted pumpkin seeds and extra Gorgonzola cheese, and then drizzle with the creamy Gorgonzola dressing.
4. Best served immediately.

Creamy Gorgonzola dressing

Ingredients:

- 1/4 cup crumbled Gorgonzola cheese
- 1/2 cup extra-virgin olive oil
- 1/4 cup Champagne vinegar
- 1 tablespoon honey
- 1 small shallot
- Salt and pepper, to taste

Directions: (Creamy Gorgonzola dressing)

1. To a blender, add all the ingredients, and blend on high until the dressing is smooth and there are no chunks.
2. Pour the dressing into a jar, and cover it with a lid.
3. Store up to 1 week in the refrigerator, and shake before using.

www.sheknows.com/food-and-recipes/articles/1048159/cherry-quinoa-salad-gorgonzola-dressing-recipe



Warm brussels sprout salad with bacon, kamut and blue cheese

Prep Time: 10 minutes | Cook Time: 50 minutes | Total time: 60 minutes | Serves 4-6

Ingredients:

- 1 cup Kamut Berries*
- 1 and 1/2 pounds Brussels sprouts
- 4 tablespoons extra virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 3 slices thick cut bacon
- 1/2 cup roughly chopped walnuts
- 3 tablespoons pure maple syrup
- 2 tablespoons balsamic vinegar
- 3/4 cup crumbled Gorgonzola or other mild blue cheese (3 ounces)
- 1/4 cup chopped fresh parsley

Directions:

1. For a shorter cooking time: The day before, place Kamut Berries in a small bowl, cover with water, and let soak overnight at room temperature.
2. To prepare the dish: In a large pot with a tight-fitting lid, bring 3 cups water to a boil. Add Kamut. Cover, reduce heat to low, and simmer for 30-40 minutes (45-60 minutes if berries have not been soaked), until grains are tender. Drain and set aside.
3. Meanwhile, place rack in upper third of oven and preheat to 400 degrees F. Cut off the brown ends of the Brussels sprouts and remove any yellow outer leaves. Slice in half length-wise, then spread onto a rimmed baking sheet. Drizzle with 3 tablespoons olive oil, 3/4 teaspoon salt and 1/2 teaspoon black pepper. Toss to coat. Roast Brussels sprouts for 35-40 minutes, until soft and lightly blistered, shaking the pan every 15 minutes to promote even browning.
4. Arrange uncooked bacon in a single layer on a slotted broiler tray or oven-proof wire rack (such as a cooling rack used for cookies.) Line a rimmed baking sheet with foil and place the rack with bacon on top. Place in the oven and cook until bacon is deep golden brown and crisp, 12 to 20 minutes, depending upon the thickness of the bacon and desired crispiness. Remove from the oven and place bacon slices between two paper towels atop a dinner plate. When cool enough to handle, chop roughly.
5. Heat remaining 1 tablespoon olive oil in a large skillet over medium. Place walnuts into skillet and toast, stirring frequently, until fragrant, about 3 minutes (decrease the temperature if the walnuts begin to brown too quickly.) Add the cooked Kamut Berries, remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Cook, stirring, until Kamut Berries are heated through, about 2 minutes. Drizzle with maple syrup and balsamic vinegar. Add roasted Brussels sprouts and bacon, stir to toss, then remove pan from heat. Quickly stir in 1/2 cup cheese until it begins to melt. Top with remaining 1/4 cup cheese and parsley. Serve immediately.

www.thelawstudentswife.com/2013/09/brussels-sprouts-salad-with-bacon-kamut-and-blue-cheese/

*Kamut berries are an ancient variety of wheat grain.



Fall salad with sage and roasted garlic vinaigrette

Serves 2 as a meal or 4 as a side salad

Ingredients:

- 1 medium sweet potato, chopped into 1-inch pieces
- 1/2 cup pecans
- 1/2 teaspoon cinnamon

- 1 teaspoon maple syrup
- 1 tablespoon olive oil
- 1/3 cup buckwheat groats
- 2/3 cup water
- 3 cups baby spinach
- 3 cups arugula
- 1 pear, sliced
- Sage and roasted garlic vinaigrette, recipe below

Directions:

1. Cook the sweet potatoes and spiced pecans: Preheat oven to 350 degrees F. In a baking dish, toss the sweet potato with 1/2 tablespoon olive oil. In another, smaller ovenproof container, toss the pecans with the cinnamon, maple syrup and remaining 1/2 tablespoon olive oil and spread in a single layer. Place the sweet potatoes and pecans in the oven. Remove the pecans once deeply browned and fragrant, about 10 minutes. Stir the sweet potatoes and continue roasting until tender but not mushy, about another 10 minutes. Cool completely.
2. Meanwhile, cook the buckwheat: In a small pot, stir together the buckwheat and water. Bring to a boil over high heat, then reduce to low. Cook until the buckwheat is tender, about five minutes. Drain in a fine mesh strainer and rinse with cold water.
3. In a large bowl, toss together the spinach and arugula. Top with the sweet potatoes, spiced pecans, buckwheat, pear slices and drizzle with the vinaigrette. Toss to combine. Serve immediately.

Sage and roasted garlic vinaigrette recipe

To save time, roast the garlic at the same time you prepare the sweet potatoes and pecans for the salad.

Ingredients:

- 1 head of garlic
- 1/4 cup plus 1 tablespoon extra virgin olive oil, divided use
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon prepared mustard (I used whole grain)
- 1/2 tablespoon chopped fresh sage
- 1/4 teaspoon sea or kosher salt
- 1/4 teaspoon freshly ground black pepper

Directions:

Preheat oven to 350 degrees F. Cut off the top quarter of the head of garlic so that the cloves are exposed. Place on a piece of aluminum foil and drizzle with 1 tablespoon olive oil. Seal the foil tightly around the garlic and roast until very soft, about 45 minutes. Once cool enough to handle, squeeze to remove the roasted garlic from the head.

Add the roasted garlic, remaining 1/4 cup olive oil, vinegar, honey, mustard, sage, salt and pepper to a food processor or blender, and process until creamy and smooth (some flecks of sage and mustard seed may remain).

www.sheknows.com/food-and-recipes/articles/1048781/salad-with-sage-and-roasted-garlic-vinaigrette-recipe



Quinoa salad with butternut squash, dried cranberries and pepitas

Prep Time: 10 minutes | Cook Time: 50 minutes | Total time: 60 minutes | Serves 8-10

Ingredients:

- 1 butternut squash, peeled, seeded, and chopped into 1/2-inch cubes
- Olive oil
- Salt and freshly ground black pepper, for seasoning squash
- 2 cups quinoa
- 4 cups water
- Pinch of salt
- 1 cup dried cranberries
- 1 cup pepitas

For the Citrus Honey Dressing:

- Juice of 3 large oranges
- Zest of 1 large orange
- 1/4 cup olive oil
- 1 tablespoon honey
- Salt and freshly ground black pepper, to taste

Directions:

1. Preheat the oven to 400 degrees F. Place butternut squash on a large baking sheet. Drizzle with olive oil. Toss until squash is well coated. Season with salt and pepper. Roast the squash for 30 minutes, turning once, until tender.
2. While the butternut squash is roasting, cook the quinoa. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 20 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let cool quinoa cool to room temperature.
3. In a large bowl, combine quinoa, butternut squash, dried cranberries, and pepitas. In a small bowl, whisk together the orange juice, zest, olive oil, and honey. Season with salt and pepper, to taste. Drizzle over quinoa salad. Toss until ingredients are well dressed. Season with salt and pepper, to taste.

Note-you can use agave instead of the honey to make a vegan salad.

www.twopeasandtheirpod.com/quinoa-salad-with-butternut-squash-dried-cranberries-pepitas/



Roasted Mushroom & Romaine Salad Recipe

The Salad:

Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.

In a medium bowl, toss the mushrooms with the olive oil until coated. Add the garlic, rosemary, salt and pepper and toss coat.

Spread the mushrooms evenly on the prepared baking sheet. Lightly coat with cooking spray.

Bake until the mushrooms are brown on the bottom side, about 15 minutes. Turn the mushrooms and bake for an additional 5 minutes.

Place the romaine lettuce in a large bowl and combine with the roasted mushrooms, toasted pecans and dressing. Toss to coat and divide between 2 plates. Serve.

The Dressing:

In a small bowl, whisk together the balsamic vinegar, mustard, agave (or honey), rosemary, salt and pepper. Slowly whisk in the olive oil until combined.

www.cookincanuck.com/2014/03/roasted-mushroom-romaine-salad-recipe-vegan/



Warm Apple and Fig Salad with Maple Dijon Dressing

Prep Time: 10 minutes | Cook Time: 5 minutes | Total time: 15 minutes | Serves 2

Ingredients:

Salad

- 1 bunch watercress, bottom of stems chopped off
- 2 small green apples, sliced into matchsticks
- ½ pint figs, sliced in half
- 2 slices bacon

Dressing:

- 2 tablespoons maple syrup
- 1 tablespoon dijon mustard
- 2 tablespoons extra virgin olive oil
- 1 small clove garlic, minced
- ½ tablespoon apple cider vinegar
- 1 tablespoon shallot, minced
- salt & pepper

Directions:

1. Wash and dry watercress.
2. Combine all ingredients for the dressing in a small bowl and whisk together.
3. Toss watercress with half the dressing in a large bowl and set aside.
4. In a small skillet over medium heat, cook bacon until crispy. Transfer to a paper towel to drain, leaving bacon grease in skillet.
5. Add apple slices to skillet and cook for 1-2 minutes, tossing frequently until apples are just warmed through but still crunchy.
6. Plate watercress, top with apples, figs, crumbled bacon and drizzle with remaining dressing.

www.runningtothekitchen.com/warm-apple-fig-salad-with-maple-dijon-dressing/



Roasted butternut squash, pomegranate and goat cheese salad

Serves 4-8

Ingredients:

- About 10 oz. mixed salad greens
- About 1½-2 c Roasted Butternut Squash (warm, room temperature, or cold)
- About ½ c pomegranate seeds
- 4 oz goat cheese, crumbled
- Creamy Greek Yogurt Maple Dijon Dressing

Directions:

1. Lay the salad greens on a large platter or individual plates.
2. Top with the butternut squash, pomegranate seeds, and crumbled goat cheese.
3. Drizzle with the salad dressing.

Roasted Butternut Squash

- One butternut squash, peeled, seeded, and cut into ½ inch cubes
 - Olive oil
 - Salt and pepper
1. Preheat your oven to 400°F and lightly coat a baking sheet with olive oil by using a spritzer or pouring on a small amount (1/2-1 t) and spreading it in a thin layer.
 2. Place the squash cubes on the baking sheet and spritz or drizzle with another half to one tablespoon of olive oil (depending on the size of your squash - you want enough to lightly coat the cubes), sprinkle with kosher salt (about ½ t for every 2 cups of squash) and freshly ground pepper. Toss to coat and spread into a single layer.
 3. Roast for 15 minutes, then gently toss and again spread into a single layer.
 4. Roast for another 10-15 minutes, or until tender.

Creamy Greek Yogurt Maple Dijon Dressing

- ¼ c plain Greek yogurt
- ¼ c Dijon mustard
- 1 T apple cider vinegar or champagne vinegar
- 2 T real maple syrup
- 2 T olive oil
- salt & pepper

Place all ingredients in a bowl and whisk together, or in a bottle or jar with a lid and shake vigorously until thoroughly combined.

<http://cupcakesandkalechips.com/2014/01/14/roasted-butternut-squash-pomegranate-goat-cheese-salad/>



Lentil salad with grapes and feta

Ingredients:

- 2.5 cups water
- 3/4 cup French Lentils
- 2 Tbsp red wine vinegar
- 2 Tbsp fresh lemon juice
- 1.5 tsp honey
- 1/2 tsp dried thyme
- 3 Tbsp extra virgin olive oil
- 3/4 cup walnuts, roughly chopped and toasted
- 1.5 cups seedless red grapes, halved
- 1 celery stalk, thinly sliced
- ~1/2 cup feta cheese (I used reduced fat), crumbled or chopped
- Salt and pepper to taste

Directions:

1. Bring 2.5 cups of water to a boil in a small saucepan.
2. Add lentils, reduce to a simmer, cover and cook for 30 minutes or until lentils are tender. Drain and rinse under cold water.
3. Meanwhile, whisk together vinegar, lemon juice, honey, and thyme. Whisk in olive oil.
4. In large bowl, mix together lentils, toasted walnuts, grapes, celery, feta and dressing.
5. Season with salt and pepper to taste and enjoy! This keeps well in the fridge for 2-3 days.

www.rachelcooks.com/2011/09/15/lentil-salad-with-grapes-and-feta/

**Forelle pear and blue cheese salad with maple vinaigrette**

Serves 4 as large dinner size salads

Ingredients:

- 8 C. mixed baby greens
- 4 – 5 Forelle pears, cut into eighths and cored
- 1 C. blue cheese crumbles
- 1 C. walnuts, coarsly chopped and toasted
- 1 C. dried cranberries (substitute dried cherries if you like)

Maple Vinaigrette:

- 1/4 C. balsamic vinegar
- 1 T. pure maple syrup
- 2 t. Dijon mustard
- 1 t. sea salt
- 1/2 t. freshly ground black pepper
- 1/3 C. extra virgin olive oil

Directions:

On four large dinner plates, divide the salad ingredients in the order listed.

In a small bowl, whisk together the dressing. Pour some over each salad and serve.

www.tasteloveandnourish.com/2013/11/05/forelle-pear-and-blue-cheese-salad-with-maple-vinaigrette/



Shaved Brussels Sprouts Fruit Salad

Prep Time: 10 minutes | Serves 4

Ingredients:**Salad**

- 1 lb. Brussels sprouts, ends and outer leaves trimmed
- 1 pear, thinly sliced
- 1 apple, chopped
- 2 tablespoons raisins, chopped
- 2 tablespoons pepitas

- ¼ cup fresh cranberries

Dressing

- 3 tablespoons extra virgin olive oil
- 1½ tablespoons apple cider vinegar
- 2 tablespoons apple cider
- 1 tablespoon dijon mustard
- salt & pepper

Instructions:

1. Combine dressing ingredients in a small bowl and whisk together. Set aside.
2. Slice Brussels sprouts thinly and place in a large bowl.
3. Pour the dressing over the sliced Brussels sprouts and toss to combine.
4. Add remaining ingredients and toss together lightly.
5. Season with additional salt & pepper to taste.

www.runningtothekitchen.com/shaved-brussels-sprouts-fruit-salad/

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